

Breville

Pronto Convection Oven

22L convection and rotisserie oven

Instructions for use

Includes recipes



Model BOV500

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Congratulations

on the purchase of your new Breville Pronto Convection and Rotisserie Oven

Breville recommends safety first

We at Breville are very safety conscious. We design and manufacture consumer products with the safety of you, our valued customer, foremost in mind. In addition we ask that you exercise a degree of care when using any electrical appliance and adhere to the following precautions:

Read all instructions before operating and save for future reference

- Remove any packaging material and promotional stickers before using the Pronto Convection Oven for the first time.
- Do not place the Pronto Convection Oven near the edge of a bench or table during operation. Ensure the surface is level, clean and free of water, flour, etc.
- Always operate the Pronto Convection Oven on a stable, heat-resistant surface. Do not use on a cloth-covered surface, near curtains or other flammable materials.
- Do not place the Pronto Convection Oven on or near a hot gas or electric burner, or where it could touch a heated oven. When operating the Pronto Convection Oven, keep a minimum distance of 10cm of space on all sides of the appliance. This will allow for adequate air circulation and help prevent the possibility of wall discolouration due to radiated heat.
- Do not place cardboard, plastic, paper, or other flammable materials in the Pronto Convection Oven.
- Do not place anything on top of the Pronto Convection Oven.
- Do not cover the crumb tray or other any part of the Pronto Convection Oven with metal foil. This will cause overheating of the oven.
- Always ensure the crumb tray is thoroughly dried after cleaning. Ensure to re-insert the crumb tray before operating the Pronto Convection Oven.
- Always use extreme caution when using containers constructed of anything other than metal or glass. Do not use see-through glass containers or lids in the Pronto Convection Oven. Oven-proof ware such as Pyrex or Corning Ware without the lid may be used.
- The door and outer surface of the oven may be very hot when the oven is operating at high temperatures. Always wear protective, insulated oven mitts when inserting, removing or handling items from the Pronto Convection Oven when hot. Alternatively, allow the Pronto Convection Oven to cool down before handling.
- Always use extreme caution when removing any of the accessories or disposing of hot grease.
- Do not place hands inside the Pronto Convection Oven during operation.
- Do not leave the door standing open for extended periods of time.
- Do not insert oversized foods into the Pronto Convection Oven as they create risk of fire or electric shock.
- It is recommended to use only the accessories supplied with this oven. When grilling, the drip tray inserted into the enamel baking pan must be used.
- When using the Rotisserie function, it is essential that the Pronto Convection Oven is turned off at the power outlet and the cord unplugged before assembling the rotisserie rod in position in the oven.
- After using the Rotisserie function, it is important to clean the rotisserie rod, spikes and thumbscrews to avoid bacterial contamination. Follow cleaning instructions provided in this book.
- Do not clean the interior with metal scouring pads. Pieces can break off the pad and touch electrical parts of the Pronto Convection Oven, creating risk of electric shock.

- Do not store any materials other than the supplied accessories in the Pronto Convection Oven when not in use.
- Do not attempt to operate the Pronto Convection Oven by any method other than those described in this booklet
- Do not leave the Pronto Convection Oven unattended when in use.
- Always ensure the Pronto Convection Oven has cooled, is turned off at the power outlet and the cord is unplugged from the power outlet before attempting to move the appliance, when not in use, if left unattended and before disassembling, cleaning or storing.
- To protect against electric shock do not immerse the body, cord or power plug in water or any other liquid.
- Keep the appliance clean. Follow the cleaning instructions provided in this book.

Important safeguards for all electrical appliances

- Unwind the cord fully before use.
- Do not let the cord hang over the edge of a table or counter, touch hot surfaces or become knotted.
- This appliance is not intended for use by young children or infirm persons unless they have been adequately supervised by a responsible person to ensure they can use the appliance correctly.
- Young children should be supervised to ensure that they do not play with the appliance.
- It is recommended to regularly inspect the appliance. Do not use the appliance if power supply cord, plug or appliance becomes damaged in any way. Return the entire appliance to the nearest authorised Breville service centre for examination and/or repair.
- Any maintenance, other than cleaning, should be performed at an authorised Breville Service Centre.
- This appliance is for household use only. Do not use this appliance for anything other than its intended use. Do not use in moving vehicles or boats. Do not use outdoors.
- The installation of a residual current device (safety switch) is recommended to provide additional safety protection when using electrical appliances. It is advisable that a safety switch with a rated residual operating current not exceeding 30mA be installed in the electrical circuit supplying the appliance. See your electrician for professional advice.



CAUTION. HOT SURFACES DURING AND AFTER USE.

Know your Pronto Convection and Rotisserie Oven

Easy clean non-stick coating

Large 22 litre capacity

Rotisserie function

ensures meats and poultry are succulent on the inside and roasted to perfection on the outside

6 adjustable rack height positions

Cool touch handles

for safe and easy handling

Turbo convection cooking

saves time and energy

Large viewing window





Variable temperature control

Stylish stainless steel housing and control panel

Power 'On' light

Heating 'Ready' light

Multi function operation

- grills, bakes, roasts and toasts

60 minute timer with auto shut-off

Slide-out crumb tray

for safe and easy removal of crumbs

Sturdy non-skid feet

Know your Pronto Convection and Rotisserie Oven cont'd

Temperature control

Variable temperature control allows you to select the perfect temperature for each cooking task. The temperature range is from 60°C – 240°C.



Oven settings

All oven settings operate with fan assistance for turbo convection cooking. Select from grill, reheat, bake, rotisserie.

Grill

For browning / grilling the top of food. Ideal for open sandwiches, sausages and vegetables.

Reheat

For heating food from beneath. Ideal for reheating leftovers.

Bake

For heating food evenly throughout. Ideal for meats and poultry, biscuits, cakes and muffins.

Rotisserie

For heating food with the rotisserie accessories. Ideal for a variety of meats and poultry that are tender and juicy on the inside and roasted to perfection on the outside.

Power On light

The Power On light will illuminate whenever a setting is selected on the Oven Setting Control and Time Control.

Heating light

The Heating Ready light will illuminate whenever the heating element is working. When the set temperature is reached, the light will switch off. During the cooking process, this light will occasionally turn on and off to ensure that the desired temperature is maintained.

Time control

To activate the timer, turn the dial to the right (clockwise). A bell will sound at the end of the selected time (0-60 minutes). To select the Stay On feature, turn the dial to the left (counter clockwise). The Oven will stay on until it is manually shut off.

Chrome plated wire racks

Use for baking, grilling and toasting functions.

The two removable wire racks are reversible and may be used in the raised or sunken position. This allows food to be placed higher or lower in the three shelf positions, thereby providing six rack height positions and greater versatility while cooking.



Raised



Sunken

Enamel Baking Pan

Use when grilling, roasting, baking, or defrosting foods. Can be used on its own or with the drip tray insert.



Drip tray

Insert into the baking pan when grilling, roasting or defrosting foods.

Used to collect pan drippings for fat free cooking, and helps prevent spattering.



Biscuit trays

The two trays fit to the wire racks and are ideal for baking biscuits, scones and pastries.



Chrome plated rotisserie rod

The pointed end of the rod inserts into the socket located in the right hand side of the oven wall and the square end rests on the rod support located on the left hand side of the oven wall.



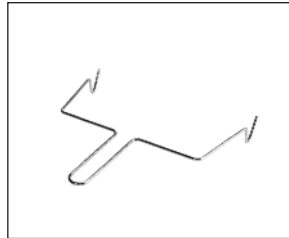
Chrome plated rotisserie spikes and thumbscrews

The spikes position the poultry / meat to the rod and are secured in place by firmly screwing the thumbscrews.



Chrome plated rotisserie handle

Used for safely inserting and removing the rotisserie rod from the Pronto Convection Oven.



Operating your Pronto Convection and Rotisserie Oven

Before first use

1. Before using your Pronto Convection Oven for the first time, remove any packaging material and promotional labels. Ensure the appliance is switched off at the power outlet and the power cord is unplugged.
2. Remove the Pronto Convection Oven accessories and wash them in warm, soapy water with a soft cloth. Rinse and dry thoroughly. Wipe the floor and roof of the oven chamber with a soft, damp cloth. Dry thoroughly.
3. Insert the power plug into the power outlet and switch on. Set the Temperature Control to 240°C and the Time Control to 15 minutes. This will eliminate any oil residue that may have been used for packing and shipping.

When turned on for the first time, the Pronto Convection Oven may give off vapours for up to 15 minutes. This is due to the protective substances on the heating elements. It is safe, not detrimental to the performance of the Pronto Convection Oven and will dissipate with use.

Note

Some recipes recommend that the preheat temperature be higher than the actual cooking temperature. For example, placing meats into a hot, preheated oven will sear the outside, then the cooking temperature is reduced for tender, juicy results. When baking scones, cakes etc., the preheat temperature may be the same or slightly higher than the actual cooking temperature.

Note

- As with all mechanical timers, when using the Time Control in the 0-15 minute range, more accurate timer control can be achieved by first turning the timer past the 15 minute setting then back to the required setting.
- To ensure even cooking, rotate pans or trays around, halfway through the cooking time. For easier cleaning ensure the crumb tray is in position. Clean after each use and ensure to always re-insert the crumb tray before operating the Pronto Convection Oven.
- Minimise cleanup by using the grill tray inserted into the baking pan to catch spills when baking or grilling.
- Condensation may build up on the inside of the glass door. This is normal and should evaporate.
- The door can be opened at any time during operation
- After the Temperature Control and Oven Setting have been selected, the time and temperature can be changed at any time during operation.
- Turn the Time Control to 'OFF' at any time to stop operation of the oven.

Allow the oven to cool. Insert the accessories. The Pronto Convection Oven is now ready to use.

Hints and tips

- For the Grill, Bake and Reheat functions, best results are achieved by preheating the oven for 5 – 10 minutes. To preheat the oven, select the desired Oven Setting and preheat time on the Time Control, wait for the Heating Light to go out and insert food.



DO NOT FORCE OPEN THE OVEN DOOR BEYOND ITS LIMITS OR LET THE DOOR DROP OPEN AS THIS WILL DISTORT THE DOORS ABILITY TO MAINTAIN A PROPER SEAL.

Grill function

- For browning / grilling the top of food. Ideal for open sandwiches, small cuts of meat, poultry, fish, sausages and vegetables.
- The top two elements will heat when the Grill Function setting is selected.

1. Place the wire rack in the medium or upper rack support guide.
2. Place the drip tray inside the baking pan and position the food on the drip tray. Place the baking pan onto the wire rack.
3. Set the Temperature Control to 240°C.
4. Turn the Oven Setting to 'Grill'.
5. Turn the Time Control to the desired time or to the 'Stay On' setting.
6. When finished grilling, a bell will sound and the Pronto Convection Oven will switch off immediately if a time on the Time Control has been selected. If the 'Stay On' setting has been selected, the Pronto Convection Oven will remain on until the Time Control has been turned off.

Reheat function

- For heating food from beneath. Ideal for reheating leftovers.
- The bottom two elements will heat when the Reheat Function setting is selected.

1. Place the wire rack in the desired rack support guide.
2. Place food in an oven-proof dish and place onto the wire rack.
3. Set the Temperature Control to the desired temperature.
4. Turn the Oven Setting to 'Reheat'.
5. Turn the Time Control to the desired time or to the 'Stay On' setting.

6. When finished reheating, a bell will sound and the Pronto Convection Oven will switch off immediately if a time on the Time Control has been selected. If the 'Stay On' setting has been selected, the Pronto Convection Oven will remain on until the Time Control has been turned off.
7. Stir/turn food occasionally to ensure even reheating of food.

Bake function

- For heating food evenly throughout. Ideal for meats and poultry, biscuits, cakes and muffins.
- The top two and bottom two elements will heat when the Bake Function setting is selected.

1. Place the wire rack in the desired rack support guide.
2. Place food in an oven-proof dish and place onto the wire rack.
3. Set the Temperature Control to the desired temperature.
4. Turn the Oven Setting to 'Bake'.
5. Turn the Time Control to the desired time or to the 'Stay On' setting.
6. When finished baking, a bell will sound and the Pronto Convection Oven will switch off immediately if a time on the Time Control has been selected. If the 'Stay On' setting has been selected, the Pronto Convection Oven will remain on until the Time Control has been turned off.

The following bakeware will fit into the Pronto Convection Oven: a bundt pan, 6 cup muffin pan, 9-inch pie pan, 9-inch loaf pan, or an Angel Food cake pan.

Note

If baking recipes other than those provided with this instruction book, it is recommended that oven temperatures for the 'Bake' function are reduced by approximately 20-30°C. As the Pronto Convection Oven is fan assisted, reducing the temperature will prevent excess browning on top of foods before they are fully cooked. The recipes in this instruction book have been adjusted with this in mind.

Note

Hints for defrosting

- The Baking Function can be used to defrost foods.
- Defrosting in the Pronto Convection Oven will take approximately one-third of the recommended defrosting time. Special care should be taken with perishable protein foods such as meat, poultry and fish. It is recommended to defrost small, flat portions of these foods.
- To defrost, follow the steps for the Baking Function and turn the Temperature Control to 75°C.
- Do not defrost foods for longer than 1 hour.
- Remove food from packaging before placing into oven to defrost.
- Do not cover food. Brush lightly with oil to prevent the food drying out.
- Ensure the food is completely defrosted before baking.
- After defrosting remove the food from the oven while preheating.

Hints for keep warm

- The Baking Function can be used to keep foods warm after baking and grilling
- To keep foods warm, follow the steps for the Baking Function, select the desired time and turn the Temperature Control to 125°C.

- Do not keep foods warm for longer than 1 hour especially when using perishable foods such as meat, poultry and fish.

Rotisserie function

- For heating food with the rotisserie accessories. Ideal for a variety of meats and poultry that are tender and juicy on the inside and roasted to perfection on the outside.

It is recommended to limit weight of meats and poultry to be cooked to 1.5 kg, if larger than this weight the food will not fit/rotate.

Note

Fig 1

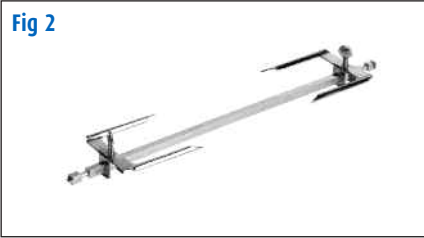


- The top two and bottom two elements will heat when the Rotisserie Function is selected.
1. Insert the pointed end of the rotisserie rod through one of the spikes, making sure the points of the spike face in the same direction as the pointed end of the rotisserie rod (See Fig 1).
 2. Slide the spike towards the square end of the rotisserie rod and secure in place by turning the thumbscrew in a clockwise direction.
 3. Place food to be cooked on the rotisserie rod by running the rod directly through the centre of the food to be cooked. Continue to slide the food until the spike is securely imbedded in the food.
 4. Slide the second spike onto the rotisserie rod at the other end of the food to be cooked (See Fig 2).

Continue to slide the spike until it is securely imbedded in the food and secure spike by turning the thumbscrew in a clockwise direction.

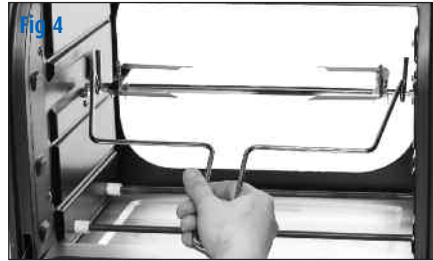
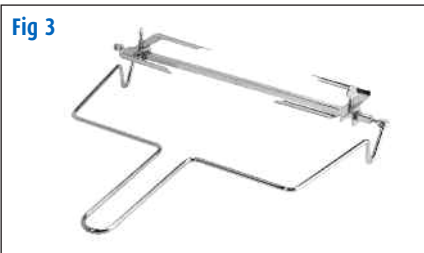
5. Check that the food is centred on the rotisserie rod.

Fig 2



6. Place the wire rack, in the sunken position, into the lowest rack support guide.
7. Place the enamel baking pan, without drip tray, onto the wire rack to catch food drippings.
8. Use the rotisserie handle to lift the rotisserie rod, ensuring to place the hooks of the rotisserie handle under the grooves on both sides of the rotisserie rod (See Fig 3).
9. Insert the pointed end of the rotisserie rod into the drive socket, located on the right-hand side of the oven wall. Position the square end of the rotisserie rod in the rotisserie rod support, located on the left-hand side of the oven wall (See Fig 4).
10. Turn the oven setting to the 'Rotisserie' function.
11. Preheat the oven to 210°C for 5-10 minutes.

Fig 3



12. Set the Time Control to the desired time. Alternatively, for continuous operation, turn the timer to the 'Stay On' setting. The temperature may be reduced at this time if necessary.
13. When finished cooking, a bell will sound and the Pronto Convection Oven will switch off immediately if a time on the Time Control has been selected. If the 'Stay On' setting has been selected, the Pronto Convection Oven will remain on until the Time Control has been turned off.

Use the Baking Guide for suggested roast times. Check doneness with a reliable meat thermometer. Use an independent timer to remind you to check the meat temperature.

Note

14. Remove the rotisserie rod by placing the hooks of the rotisserie handle under the grooves on both sides of the rotisserie rod. Lift out the left side of the rotisserie rod first, by lifting it up and out. Then remove the rotisserie rod from the drive socket on the right-hand side of the oven wall using oven mitts and carefully remove the food from the oven.
15. Unscrew the spikes from the rotisserie rod and remove the food.

Use insulated oven mitts when disassembling the rotisserie rod and removing food as the rotisserie accessories will be hot.

Note

Bake, roast and grill charts

Grilling guide

1. Place the wire rack in the highest rack support guide.
2. Trim excess fat from meat and dry any moisture that may be on the food.
3. Place meat on the baking pan with drip tray.
4. Preheat the Pronto Convection Oven to 210°C for 5 minutes.
5. Insert food into the Pronto Convection Oven

Type / cut	Weight / thickness	Grilling time
Beef Sirloin Hamburger	2cm 2cm	12-15 minutes 10-15 minutes
Pork Chops Ribs Bacon	2.5cm 1 rack (500g) 3 rashers	15 minutes 25 minutes 10 minutes
Lamb Neck chops Cutlets	4 pieces 8 pieces	15 minutes 10-12 minutes
Sausages Thin Thick	8 pieces 6 pieces	8 minutes 12 minutes
Chicken Breast or Thigh	250g	20 minutes
Fish Fillets Small whole	200g 350g	8 minutes 8-10 minutes

Fish fillets are delicate and should be grilled directly in the baking pan that has been lightly greased or lined with baking paper to prevent sticking.

Baking guide

1. Place the wire rack in the lowest rack support guide.
2. Trim excess fat from meat and dry any moisture that may be on the food.
3. Place meat on the baking pan with drip tray.
4. Preheat the Pronto Convection Oven to 210°C for 10 minutes.
5. Insert food into the Pronto Convection Oven and reduce the temperature to 180°C using the remaining cooking times below.

Type / cut	Roasting time per 500g
Beef Scotch Fillet, Round or Rib Roast	30 minutes*
Pork Loin - bone in/out	40 minutes*
Lamb Leg - bone in/out	30 minutes*
Chicken Whole	35 minutes

For best results, it is recommended to limit weight of roast meats and poultry to be cooked to 1.5kg.

Note

- * Roasting Times are for medium doneness.
Subtract 10 minutes for rare and add 10 minutes for well-done.

Cleaning, care and storage

Cleaning after use

- Always ensure the Pronto Convection Oven is turned off by switching Time Control to 'OFF'. Then switch the appliance off at the power outlet and unplug the cord.
- Allow the Pronto Convection Oven and all accessories to cool completely.
- Remove all accessories.

Cleaning the outer body, door and crumb tray

- After each use, wipe the outer body and crumb tray with a soft, damp cloth then dry thoroughly. A non-abrasive liquid cleanser may be used to avoid build-up of stains.
- Always ensure to re-insert the crumb tray into the Pronto Convection Oven after cleaning and before use.
- To clean the glass door, use a glass cleaner or mild detergent and a damp cloth or soft plastic scouring pad. Do not use an abrasive cleaner or pad as these might scratch the surface.
- Let all parts and surfaces dry thoroughly prior to plugging the Pronto Convection Oven in and using.

Cleaning the interior

- The walls on the inside of the Pronto Convection Oven feature a non-stick coating for easy cleaning. To clean any spattering that may occur while cooking, wipe the walls with a soft cloth dampened with warm water. Dry thoroughly.

Do not use cleaning agents, cleansers, metal scouring pads or metal utensils on the interior walls as this may damage the non-stick coating and reduce its effectiveness.

Note

After each use, wipe the floor and roof of the interior with a soft, non-abrasive, damp cloth or soft plastic scouring pad to avoid residue build-up. Dry thoroughly.

Cleaning the accessories

Wash all accessories in warm soapy water with a soft cloth or soft plastic scouring pad. Rinse and dry thoroughly.

The baking pan is coated with a high quality enamel coating. Do not use abrasive cleaners, metal scouring pads or metal utensils on the baking pan as this may damage the porcelain enamel finish.

It is important to thoroughly wash the rotisserie rod, spikes and thumbscrews in hot soapy water to avoid bacterial contamination with a soft cloth after use. Rinse and dry thoroughly.

Note

Storage

When storing the Pronto Convection Oven, switch off and then remove the power supply plug from the power outlet. Ensure the appliance is completely cool, clean and dry. Insert the accessories into the Pronto Convection Oven. Ensure the door is closed and do not place heavy objects on top. Store the appliance standing on its support legs.



DO NOT IMMERSE CORD, PLUG, OR APPLIANCE INTO WATER OR ANY OTHER LIQUID.

DO NOT USE METAL SCOURING PADS TO CLEAN THE OVEN. PIECES CAN BREAK OFF THE PAD AND TOUCH ELECTRICAL PARTS OF THE PRONTO CONVECTION OVEN, CREATING RISK OF ELECTRIC SHOCK.

Breville Customer Service Centre

Australian Customers

✉ Breville Customer Service Centre
Locked Bag 2000
Botany NSW 2019
AUSTRALIA

☎ Customer Service: 1300 139 798

Fax (02) 9384 9601

Email Customer Service: askus@breville.com.au

New Zealand Customers

✉ Breville Customer Service Centre
Private Bag 94411
Greenmount
Auckland, New Zealand

☎ Customer Service: 09 271 3980

Fax 0800 288 513

Email Customer Service: askus@breville.com.au

www.breville.com.au

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Due to continual improvements in design or otherwise, the product you purchase may differ slightly from the one illustrated in this booklet.

Model BOV500 Issue 1/06

Breville

Recipes

Delicious recipes

Includes instructions for use



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Recipes

Roast chicken

MAKES	
4-6	SERVES

1 medium onion, peeled
½ bunch thyme
1.5kg chicken, washed and dried
1 tablespoon oil
Salt and pepper
Olive oil, for greasing

1. Using the 'Rotisserie' function.
2. Insert onion and thyme into chicken cavity. Truss the chicken with wetted kitchen string. Brush with oil and season with salt and pepper if desired.
3. Assemble and secure the chicken on the rotisserie rod, spikes and thumbscrews. Follow assembly and cooking directions for Rotisserie Function (page 12) Roast for 1¼ hours or until cooked when tested.
4. Remove the chicken from the oven. Follow Step 14, Rotisserie Function (Page 13)
5. Cover with foil and allow to rest for 15 minutes before serving. Remove the chicken from the rotisserie rod. Follow Step 15, Rotisserie Function (page 13).
Serve with Potato and Onion bake (page R7) and steamed vegetables.

Roast leg of lamb

MAKES	
4-6	SERVES

1.2kg leg of lamb, trimmed
3 garlic cloves, peeled, thinly sliced
2 sprigs rosemary
2 sprigs thyme
Salt & freshly ground black pepper
Olive oil, for greasing

FRESH MINT SAUCE

¼ cup caster sugar
¾ cup fresh mint leaves, chopped
1 cup malt vinegar

1. Using the 'Bake' function, preheat the oven for 10 minutes at 210°C.
2. Make small slits in the surface of the lamb and insert pieces of garlic, rosemary and thyme. Place into the lightly greased baking pan. Brush the lamb with olive oil and season with salt and pepper. Place into oven.
3. Reduce temperature to 160°C. Roast for 1¼ hours for medium or 1¾ hours for well done. Baste occasionally with pan juices.
4. Remove the lamb, cover loosely with foil and allow to rest for 15 minutes before carving.
5. For the mint sauce, combine sugar, mint leaves and vinegar in a screw top jar. Shake well to combine. Allow to stand for 20 minutes.

Serve the roast leg of lamb with mint sauce and roast vegetables.

For quicker results, remove the bone, roll lamb, truss with wetted kitchen string and roast for 1 hour for medium or 1½ hours for well-done.

Note

Individual beef wellington

MAKES	
4	SERVES

4 x 250g fillet steaks, trimmed
2 sheets puff pastry, thawed
Freshly ground black pepper
150g mushroom pate
¼ cup chopped fresh parsley
1 x 60g egg, lightly beaten
Olive oil, for greasing

1. Preheat the oven at 200°C for 10 minutes.
2. Cut the pastry sheets in half. Place a steak into the centre of each halved pastry sheet.
3. Sprinkle steaks with pepper and spread the pate evenly over the top. Press parsley onto the pate.
4. Fold the pastry over the steak to make a neat parcel. Trim any excess pastry. Brush the pastry edges with beaten egg and press to seal. Use pastry trimmings for decorative shapes. Brush the pastry lightly with beaten egg and top with pastry shapes. Repeat with remaining steaks. Place the Beef Wellingtons into the lightly greased baking pan.
5. Bake at 180°C for 40 minutes for medium-cooked steak results.
6. Allow Beef Wellingtons to rest for 5-10 minutes. Serve hot with roast vegetables and steamed beans.

If well-done cooked steak results are required: After preheating, use the 'Grill' function for 10 minutes. Brush steaks with oil and place into oven. Grill 5 minutes to sear, turn steaks, grill 5 minutes to sear other side. Remove steaks and cool before placing onto pastry sheets.

Note

Aussie meatloaf

MAKES	
4-6	SERVES

Vegetable oil, for greasing
1kg lean beef mince
1 cup crumbled stale breadcrumbs
1 Spanish onion, peeled and finely chopped
2 eggs, lightly beaten
¾ cup tomato sauce
½ cup Worcestershire sauce
2 tablespoons tomato paste
1 teaspoon ground cumin
2 teaspoons mixed dried herbs
200g carrots, peeled and grated
2 celery sticks, thinly sliced
Freshly ground black pepper
2 tablespoons sweet chilli sauce

1. Using the 'Bake' function, preheat the oven for 10 minutes at 180°C.
2. Lightly grease a 20cm x 10cm loaf pan with vegetable oil and base line with bake paper.
3. Combine remaining ingredients in a large bowl, mix well. Press the mixture firmly into the prepared pan. Place into oven.
4. Reduce temperature to 160°C. Bake for 1½ hours or until cooked and golden brown.
5. Drain excess liquid from the loaf pan. Cover meat loaf loosely with foil and allow to rest for 5 minutes before turning out. Remove bake paper and turn upright before slicing.
6. Serve hot or cold with roast vegetables.

Crumbed veal cutlets

MAKES	
4-6	SERVES

1kg or 12 veal cutlets, trimmed
Salt & freshly ground black pepper
1/3 cup plain flour
3 eggs, lightly beaten
2 cups cornflake crumbs
2 tablespoons olive oil

1. Season cutlets with salt and pepper. Dip cutlets into flour, then into the eggs and then into the crumbs. Press the crumbs on firmly to form a thick coating. Place cutlets in a single layer onto a tray, cover and refrigerate for 20 minutes.
2. Place 1 tablespoon of olive oil in the baking pan. Insert the wire rack into the highest rack support guide and place the baking pan on top.
3. Using the 'Grill' function, preheat the oven for 5 minutes at 210°C.
4. Layer 6 cutlets into the baking pan. Place into oven.
5. Grill cutlets for 10 minutes or until golden brown. Turn cutlets over and grill for another 5-10 minutes or until cooked to desired doneness.
6. Repeat with remaining oil and cutlets. Drain cutlets on paper towels.

Serve immediately with mashed potatoes.

Chicken satay skewers

MAKES	
4-6	SERVES

500g chicken thigh fillets, trimmed, cut into strips
2 tablespoons honey
1/2 cup teriyaki sauce
1/2 cup sweet chilli sauce
2 tablespoon lemon juice

SATAY SAUCE

1/4 cup crunchy peanut butter
1 teaspoons curry paste
1/2 cup coconut cream
1 tablespoon sweet chilli sauce
2 teaspoons soy sauce
1 tablespoons lime juice
1/2 cup chicken stock

1. Soak 20 bamboo skewers in cold water for 15 minutes. Drain.
2. Thread chicken strips onto the skewers. Place chicken skewers into a shallow dish in a single layer.
3. Combine the honey, teriyaki sauce, sweet chilli and lemon juice and pour over the chicken. Cover with plastic wrap and refrigerate for several hours or overnight. Turn skewers occasionally to coat chicken with marinade.
4. Using the 'Grill' function, preheat the oven for 5 minutes at 210°C.
5. Drain the marinade from the chicken and reserve. Place half of the chicken skewers onto the grill tray inserted into the baking pan. Brush with reserved marinade. Place into oven.
6. Grill for 10 minutes, turn the skewers over, brush with marinade and grill for another 10 minutes or until cooked to desired doneness. Remove chicken skewers and keep warm. Repeat with remaining skewers.
7. Combine the satay sauce ingredients in a saucepan. Stir over a medium heat until sauce comes to the boil and thickens.
8. Pour Satay Sauce over chicken skewers served on steamed basmati rice.

Vegetable lasagne

MAKES	
4-6	SERVES

1 small eggplant, sliced lengthways

½ cup light olive oil

VEGETABLE SAUCE

2 onions, peeled, diced

125g mushrooms, sliced

1 red capsicum, diced

¼ cup tomato paste

400ml prepared tomato pasta sauce

1 cup red wine

2 tablespoons pesto sauce

BÉCHAMEL SAUCE

80g butter

½ cup plain flour

2 cups milk

300g cottage cheese

¼ teaspoon cayenne pepper

Salt and freshly ground black pepper

250g dried lasagne sheets

350g English spinach

1 cup tasty cheese, grated

- Using the 'Grill' function, preheat the oven for 5 minutes at 210°C.
- Brush both sides of the eggplant slices lightly with oil and place into the baking pan. Place into oven.
- Grill for 10 minutes, turn over, grill for another 10 minutes or until softened and lightly browned. Remove from oven and drain on paper towel.
- Heat the remaining oil in a saucepan over medium heat. Add the onion, mushrooms and capsicum and cook for 3 minutes or until soft. Stir in the tomato paste, pasta sauce, wine and pesto. Bring to the boil, reduce heat and simmer for 20 minutes or until mixture thickens.
- In a separate saucepan, melt the butter over medium heat. Add the flour and cook for 2 minutes. Remove from the heat, stir in the milk gradually, return to the heat and cook for 10 minutes or until sauce boils and thickens. Add the cottage cheese and simmer for 2 minutes. Season with cayenne, salt and pepper. Reserve 1 cup of Béchamel Sauce.
- Using the 'Bake' function, preheat the oven for 10 minutes at 180°C.
- Lightly grease a 2-litre casserole dish. Ensure casserole dish is a suitable type and size to use in the Pronto Convection Oven.
- Spoon ½ cup of the vegetable sauce over the base of the dish. Top with Lasagne sheets. Layer half the remaining vegetable sauce, spinach, eggplant and béchamel sauce, top with lasagne sheets. Repeat with remaining ingredients. Spread the reserved béchamel sauce over the lasagne sheets and top with grated cheese. Place into oven.
- Reduce temperature to 160°C. Bake for 40 minutes or until cooked and golden brown.
- Remove from oven and allow to rest for 10 minutes.

Serve hot with green salad and crusty rolls.

Potato & onion bake

MAKES	
4	SERVES

20g butter, melted

6 medium (about 800g) potatoes, peeled, thinly sliced

1 large Spanish onion, peeled, sliced

Freshly ground black pepper

1 cup milk

$\frac{3}{4}$ grated cheese

$\frac{2}{3}$ cup crumbed stale breadcrumbs

1. Using the 'Bake' function, preheat the oven for 10 minutes at 210°C
2. Lightly grease a 5-cup shallow baking dish. Ensure the dish is a suitable type and size for the Pronto Convection Oven.
3. Layer the potato and onion in the dish, season with pepper if desired, pour the milk over the vegetables. Place into oven.
4. Reduce temperature to 180°C. After 10 minutes, reduce the temperature further to 160°C. Sprinkle the top evenly with cheese and breadcrumbs and bake for the remaining 40 minutes until cooked and golden brown.

Serve hot as an accompaniment.

Baked jacket potatoes

MAKES	
4	SERVES

4 medium potatoes, washed

Vegetable oil, for brushing

Salt, if desired

1. Using the 'Bake' function, preheat the oven for 10 minutes at 210°C
2. Pierce potatoes all over with a fork. Brush with oil and sprinkle with salt for crispy skin potatoes, if desired. Place into oven.
3. Reduce temperature to 180°C. Bake for 1 hour or until cooked when tested.

Some potato types and sizes may require shorter or longer cooking times. To conduct heat more effectively and reduce the baking time, insert a metal skewer through the centre of each potato before placing into the oven.

Note

JACKET POTATOES WITH FILLINGS

4. Combine filling ingredients.
5. Make a deep cross-cut in each cooked potato. Squeeze gently to open. Spoon on selected topping or, scoop out potato, mash with topping then refill potato.
6. Using the 'Grill' function, grill for 5 minutes or until topping has softened and heated through.

SUGGESTED FILLINGS

DUTCH TREAT

$\frac{1}{2}$ cup grated Gouda or Edam cheese

2 slices ham, chopped

2 spring onions, finely chopped

1 tablespoon sour cream

GREEK FIESTA

4 spinach leaves, washed, cooked and chopped

100g feta cheese, crumbled

2 tablespoons pine nuts

Freshly ground black pepper

Quiche Lorraine

MAKES	
4-6	SERVES

- 1 sheet frozen shortcrust pastry, thawed**
- 1 tablespoon light olive oil**
- 8 shallots, thinly sliced**
- ½ cup finely chopped onion or leek**
- 4 rashers bacon, rinds removed, diced**
- 150g grated cheddar cheese**
- 4 eggs**
- 1 cup milk**
- 2 tablespoons chopped fresh chives**

1. Line an 18cm pie dish with the pastry sheet, trim and discard excess pastry. Ensure the pie dish is a suitable type and size for use in the Pronto Convection Oven. Refrigerate for 10 minutes.
2. Using the 'Bake' function, preheat the oven for 10 minutes at 210°C.
3. Prepare the pastry for blind baking by covering the pastry with a sheet of bake paper, fill with 1½ cups dry rice. Place into oven.
4. Reduce temperature to 180°C. Bake for 10 minutes. Remove the rice and bake paper and bake for a further 5 minutes or until golden.
5. Heat the oil in a frying pan over medium heat. Add the shallots, onion and bacon cook for 5 minutes or until golden. Drain on paper towel.
6. Spread the bacon mixture and cheese evenly over the pastry base. Whisk the eggs, milk and chives together and pour over the bacon mixture. Return the pie dish to the oven
7. Reduce temperature to 160°C for 30-35 minutes or until the filling is set.

Serve hot or cold with salad.

Kumera Scones

MAKES	
12	SERVES

- 2½ cups self-raising flour**
- ½ teaspoon dried chives**
- 80g butter, chilled, chopped**
- 1 egg, lightly beaten**
- ¼ cup milk**
- 1 cup cooked mashed kumera**
- Extra milk, for glazing**

1. Using the 'Bake' function, preheat the oven for 10 minutes at 210°C.
 2. Sift the flour into a large mixing bowl. Stir in the chives. Rub in the butter into the flour, with fingertips, until the mixture resembles fine breadcrumbs.
 3. Combine the egg, milk and kumera add to the flour mixture. Stir with a flat bladed knife until mixture forms into a dough. Knead lightly on a lightly floured surface. Press dough out to 2cm-thick. Use a 5cm round cutter to cut into 12 rounds.
 4. Place 6 rounds onto the lightly greased baking pan. Brush the tops with milk. Place into oven.
 5. Reduce temperature to 180°C. Bake for 10-15 minutes or until golden brown.
 6. Remove from oven and turn out onto a wire rack.
 7. Repeat with remaining rounds.
- Serve warm with butter.

Chocolate muffins

MAKES	
12	SERVES

20g butter, melted, for greasing
2 cups self-raising flour
½ teaspoon baking powder
¼ cup cocoa powder
3 tablespoons caster sugar
1 cup dark choc bits
1 egg, lightly beaten
1 cup + 1 tablespoon milk
50g butter, melted

1. Using the 'Bake' function, preheat the oven for 10 minutes at 180°C
2. Lightly grease 6 x ½ cup capacity muffin pans with melted butter. Ensure the muffin pan is a suitable size for the Pronto Convection Oven. Six ramekins greased and lined with paper muffin cups are suitable.
3. Sift the flour and cocoa together into a large bowl. Stir in caster sugar and choc bits, mix well.
4. Combine the egg, milk and butter and pour into the dry ingredients. Mix until just combined.
5. Spoon half the mixture into the muffin pans until two-thirds full. Place into oven.
6. Reduce temperature to 160°C. Bake for 20 minutes or until muffins are cooked when tested. Turn muffins out onto a wire rack to cool slightly.
7. Repeat with remaining mixture.

Serve warm.

Apple and blackberry crumble

MAKES	
2-4	SERVES

2 cups cooked apple, drained
1 x 425g can blackberries, drained
1 cup plain flour
2 tablespoons desiccated coconut or rolled oats
½ cup brown sugar, firmly packed
1 teaspoon ground cinnamon
50g butter, chopped

1. Using the 'Bake' function, preheat the oven for 5 minutes at 175°C.
2. Combine the apple and blackberries and place into a 16cm ovenproof dish. Ensure the dish is a suitable type and size for the Pronto Convection Oven.
3. Mix together the flour, coconut, sugar and cinnamon. Rub butter into the dry ingredients with fingertips until the mixture resembles coarse breadcrumbs.
4. Spread crumble mixture over apple mixture. Place into oven.
5. Reduce temperature to 160°C. Bake for 20-25 minutes or until apple mixture is hot and the crumble topping is crisp and golden brown.
6. Serve with lightly whipped cream or ice cream.

Focaccia pizza-style

MAKES	
2	SERVES

- 1/3 cup tomato paste**
- 2 pieces Focaccia bread (approx. 15cm x 10cm), cut in half**
- 1 tomato, sliced**
- 1 onion, sliced**
- 60g sliced salami**
- 1/2 cup sliced green capsicum**
- 60g button mushrooms, sliced**
- 1 teaspoon dried Italian Herbs**
- 1 cup grated mozzarella cheese**

1. Spread the tomato paste evenly over the open focaccia slices.
2. Arrange tomato, onion, salami, capsicum and mushrooms evenly over focaccia slices. Sprinkle with herbs and cheese. Place two focaccia slices into oven.
3. Using the 'Grill' function, set the time 20 minutes.
4. Grill for 5-10 minutes or until topping has softened and cheese melted.

Repeat with two remaining focaccia slices.

Open sandwich melts

MAKES	
2	SERVES

- 2 tablespoons mayonnaise**
- 4 slices thick rye, wholemeal or grain bread (lightly toasted if desired)**
- 4 small lettuce leaves**
- 2 cups cooked diced chicken OR**
- 1 x 440g can chunky tuna, drained**
- 2 tablespoons fresh herbs, finely chopped**
- 1 1/2 cup shredded Cheddar cheese**
- 1/4 cup pine nuts**

1. Spread mayonnaise evenly over bread slices. Place lettuce leaves on top.
 2. Spoon chicken or tuna over lettuce. Sprinkle with herbs, cheese and pine nuts. Place two open sandwiches into oven.
 3. Using the 'Grill' function, set the time for 20 minutes.
 4. Grill for 5-10 minutes or until cheese has melted and nuts have lightly browned.
- Repeat with two remaining open sandwiches.

